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Rockwood Natural Medicine Clinic Newsletter

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Greetings!

Welcome to RNMC's September e-newsletter. We will be providing healthy tips, coupons and other important information in a monthly e-newsletter, so be sure to add us as a "safe sender" to your email provider. We look forward to hearing from you with requests for articles, thoughts and ideas.

Sincerely,

The Physicians at RNMC

Guide Back to School Lunch Guide, for Kids and Adults

By Katie Stage, N D

Even if you or your children are not headed back to school, fall is a great time to re-evaluate what you are eating for lunch. Eating out can be expensive and can present challenges to selecting healthy foods - the most nutritious lunches are the ones you make yourself. With this guide, we hope to help you prepare healthy, easy, safe, and fun lunches, whether for your kids or yourself.



1. Eat in Rainbows: One of the best and easiest ways to ensure that you are getting a healthy lunch is to aim for a variety of colors. From the reds of strawberries, cherries, or bell peppers to the purples of grapes or eggplant, packing a lunch that includes a variety of colors not only makes the meal more interesting, it also maximizes its nutrients.

2. Choose your produce wisely: Late summer is a wonderful time to enjoy fresh, bountiful fruits and vegetables. The best and safest of these are not treated with pesticides, available in the organic section of your supermarket or through a trusted vendor at your local farmer's market. But buying all organic can be expensive. The Environmental Working Group publishes a list of the cleanest "clean 15" and most sprayed "dirty dozen" fruits and vegetables. For example, apples and strawberries are usually contaminated with pesticides, so are best purchased organic. Onions and pineapples are usually not sprayed, so do not need to be purchased organic.

3. Include a Little Protein: Protein helps modulate blood sugar and avoid the dips that can cause mid-afternoon fatigue. Consider including some protein with each snack as well as the lunch. Protein doesn't always have to be meat: a hard-boiled egg, almond butter on apples, or hummus on crackers are delicious, protein-rich snacks.

4. Keep it Safe: Perishable food should be refrigerated at or below 40 degrees F to avoid the growth of bacteria. If you are unable to store your, or your child's, lunch in the fridge, insulated lunch boxes may not keep food cold enough. The safest way to store perishables is with 2 ice packs, one on each side of the perishable item inside the insulated lunch box.

5. Make it Fun: Mornings can be busy. The best way to ensure that you are ready with a healthy lunch each morning is to pack it the night before. This also allows you to have your child help make the lunch, a great way to share responsibility and to create a lunch you know they will enjoy. Allowing them to create special touches, such as drawing a smiley face or star with mustard, decorating with nuts or raisins, cutting apples into fun shapes, or including unusual snacks such as star fruit can add variety to lunches and minimize morning prep time.

Food of the Month

Dandelion Greens

Dandelion greens are available at many health food and grocery stores as well as from your garden or lawn. They are a great source of vitamins and minerals as well as other beneficial nutrients. Select unblemished, dark green leaves or bunches when purchasing them in the store. When foraging, young greens from your garden or lawn, harvest them before the flower head appears as they will be less bitter.



Dandelion greens are high in calcium (10% of the RDA), iron (1.7 milligrams of iron per cup), copper (10% RDA), manganese (8% RDA), phosphorus (5% RDA), potassium (5% RDA) and magnesium (5% RDA).

They also are high in vitamin A in the form of the antioxidant carotenoid (beta-carotene), vitamin C (21% RDA), and are also good sources of vitamins B1 (9% RDA), B2 (11% RDA) and B6 (11% RDA), vitamin E (13% RDA) and are especially abundant in vitamin K (357% RDA). Dandelion greens have more protein per serving than spinach as the greens themselves are 14% protein and contain all essential amino acids.

The diuretic properties of dandelion greens make them useful for promoting urine production and reducing symptoms of some liver, gallbladder and kidney conditions. Dandelion greens also inhibit interleukins and other immune molecules that trigger inflammation. They are also high in fiber.

Adding organic dandelion greens to your vegetable or fruit juice smoothie makes for a tasty, nutritious and healthy drink to start your day.

Food Intolerances & Allergies in Babies **By Meghna Thacker, NMD**

Adverse reactions to foods are reported by about 20 percent of the U.S. population, but most of those reactions aren't allergic in nature. The most common type of adverse food reaction is food intolerance. Food intolerance doesn't totally involve the immune system. If your baby has a food intolerance, it may mean he or she has trouble digesting a particular food. You may notice that every time they eat or drink that food they are plagued with digestive symptoms such as gas, bloating, or diarrhea.



I am writing this article because of my personal experience of being a mom and also a Naturopathic Doctor. My baby is 7 months old now. At 5 months of age, I introduced him to baby rice cereal. In the grocery stores it is marketed as the first solid baby food. Every day I would feed him a serving of rice cereal besides his regular consumption of breast milk. He developed diarrhea. Initially I thought it was a viral infection because along with the diarrhea, he had a runny nose and cough. But his diarrhea did not get better for 3 weeks, when I really began to become concerned. I had tried giving him homeopathy, probiotics and changed his milk bottles, but nothing was helping. I was concerned and puzzled about why my breast fed baby was suffering

from this. Then I thought that the only other food in his diet besides breast milk is rice cereal. I removed it from his diet and after one more week his diarrhea stopped. I was happy about that and then thought of giving him a break from solid foods for one more month and reintroduced him to rice cereal again when he turned 7 months.

The same symptoms came back! Not to mention, before the diarrhea he gets gassy and cries due to colic. I felt so bad for him. When we took him for his well child visit, he was referred to an Allergist for food allergy testing. I got even more worried and sad thinking of my poor baby who will have to go through this testing.

I talked to Dr. Kruzel at our clinic and he asked me if I was following the "Introducing Solid Foods Schedule" chart from our clinic. I replied that I had forgotten about it as sometimes being a mom and a physician, you forget about being a doctor as well to your child because you are so emotionally involved. Since then, I have started following this plan and introduced him to vegetables and fruits and my baby is doing great! His gastrointestinal system still needed time to develop before he will be able to digest grains, as shown on the [Introducing Solid Foods Schedule](#).

For those of you with infants, who are concerned about your babies not tolerating solid foods, refer to this chart before trying out marketed baby foods available at grocery stores or before you consider allergy testing.

Food allergies in infants are relatively rare - it's estimated that up to 8% of babies under 12 months, 3% of children under five years old, and less than 1% of all adults suffer from a food allergy. Baby food intolerance is much more common.

Usually people who suffer from food allergies react to one or two foods. What these foods actually are depends on repeated exposure to the sensitive foods, which means that different geographical areas have different common food allergens, depending on what the general population eats. In Japan, buckwheat is a common allergen, while lentils are a common allergen in Mediterranean countries. What this means is that by rotating foods in your diet decreases the possibility of developing food allergies or intolerances. In America, the most common results on food allergy tests are: milk, eggs, wheat, nuts and soy.

Often with food intolerance, it's the chemicals added that create the problem and the chemical you may be sensitive to could potentially be found in a wide range of foods. Some

chemicals are naturally found in food, such as amines found in cheese, chocolate and wine, while others are added during processing to enhance the color, flavor or shelf-life.

It is very important to watch for symptoms of allergic reactions. They can be itching, swelling, rash, hives, vomiting, diarrhea, breathing difficulties and as severe as anaphylaxis which can lead to collapse and death.

Food intolerances can produce the following symptoms; respiratory system (stuffy or runny nose, asthma, frequent colds and infections), gastrointestinal tract (irritable bowel symptoms, colic, bloating, diarrhea, vomiting, frequent mouth ulcers, reflux, bedwetting), central nervous system (migraines, headaches, anxiety, depression, lethargy, impairment of memory and concentration, panic attacks, irritability, restlessness, inattention, sleep disturbance).

With all of this said, now I have been preparing fresh foods for my baby at home and he loves it. It actually takes less than a minute if you have all the ingredients available. For example, let me share his recent favorite food. In my magic bullet, I add $\frac{1}{4}$ mango, $\frac{1}{4}$ avocado, $\frac{1}{2}$ cup fresh baby spinach leaves and 1 tbsp water. I blend it and feed him the puree. I feel great about feeding my baby fresh homemade healthy foods. It may sound easier to buy the organic baby food jars at the grocery stores. I did a lot of those for my older one. He never had a single problem with digesting solid foods and had done great with rice cereal like most babies do at around 5 months of age. This makes me think even more about how two babies of the same parents can be so different!

Whats New at RNMC

Dr Meghna Thacker has been appointed to the **Board of Directors of the Home Health Care Group**. This organization provides home health care for the elderly and disabled and will now have naturopathic medicine as part of its schedule of services.

Just A Reminder That the Flu Season is Just Around the Corner

Now that school has begun, the chances of exposure to the influenza virus increases. This is particularly true when there is a change in the weather as well.

In preparation for the possibility of a more severe than normal flu season we are recommending the following preventive measures.

1. **Influenzium 200C**, 2 pills one time every week. If exposed to the flu bug, then take an additional dose, even if you have already taken your weekly dose.

2. If developing flu or flu like symptoms, take **Oscillococcinum** @ 1/3rd of a tube every 8 hours for 3 doses. Oscillococcinum can be obtained at just about any health food store, Whole Foods or Sprouts, and even at some pharmacies.

3. At the first sign of the flu or flu like symptoms, drink lots of fluids, consume fruits and vegetables, soups and salads to help your system to become more alkaline so that the virus can not set up house keeping.

4. **Do not suppress fevers** if they occur with Ibuprofen or Tylenol.

Contact the clinic if you need help with this or click on the fevers link for more information.

5. It is important that at the first sign of any flu symptoms that you contact your doctor immediately so that treatment can take place early.

If you have any questions regarding cold or flu prevention, please do not hesitate to contact the clinic at [480-767-7119](tel:480-767-7119).



What's New in the Literature

Early BPA Exposure Linked to Depression, Inattention in Kids - In this study investigators looked at prenatal exposure to bisphenol A (BPA) and behavioral problems in boys and girls by ages 5 and 7. Urine samples were also collected from the children and behavior analysis was determined by the Behavior Assessment System for Children 2 (BASC-2) and the Conners' ADHD/DSM-IV Scales (CADS). The study of almost 292 participants showed that prenatal exposure to BPA, as measured in maternal urine tests, was associated with internalizing behaviors, such as anxiety and depression, in the boys, but not in the girls. However, early childhood BPA concentrations were associated with increased externalizing behaviors, such as conduct problems, in the girls. Childhood urine measurements of BPA were also linked to the internalizing behaviors of inattention and hyperactivity in both sexes. The authors concluded that early life exposure to BPA may be linked to an increased risk for the development of several types of behavior problems.

Comment: Bisphenol A is a component of plastics and can be found in canned foods as well. BPA is a plasticizer incorporated into plastic products in order to make them stronger. They are a class of materials termed Xenobiotics or Persistent Organic Pollutants because they are not broken down in the environment. BPA's have been found in cord blood and have recently been removed from infant toys and "sippy" cups.

by the FDA. Regardless, they are highly prevalent in the environment due to the large number that are produced and their resistance to degradation. In this study, researchers correlated high levels of BPA's in children and aggressive behaviors as well as depression and anxiety. The bad news with these things are that they are prevalent in the environment and can pass through the placenta and affect fetal development. If there is any good news with this class of chemicals, it is that they are relatively easy to test for and remove. A first morning urine is all that is needed and a good antioxidant regimen helps to remove them.

Industry Influence Found in Food Additive Reports - In this study in the Journal of the American Medical Association (JAMA), between 1997 and 2012, every notice U.S. regulators received to vouch for the safety of common food additives was submitted by someone with a vested interest in the outcome of those assessments. The analysis found that all of the 451 notifications voluntarily submitted to the Food and Drug Administration (FDA) during that time were made by people who had relationships with manufacturers of food additives. Under current practices, companies are allowed to decide whether or not their food additives are "generally recognized as safe," or GRAS, and only voluntarily tell the agency about their decisions. In a previous study, the author and his colleagues estimated that about 43% of the 10,000 or so additives allowed in food were on the FDA's GRAS list, with other additives approved through other means or not submitted to the FDA. Manufacturers made their own safety determinations for about 1,000 additives without ever notifying the agency.

Comment: I thought that it was interesting that this article appeared in JAMA as the AMA has a number of ties to corporations, some of them food manufacturers. The practice of allowing food manufacturers to "voluntarily" report what additives are in their foods is a bit like having the fox guard the hen house. On top of this, if they do not "voluntarily" report things to the FDA, the risk of potentially harmful food additives increases. Some members of congress raised some concerns about the program, so the Government Accountability Office (GAO), a federal watchdog agency, issued a report in 2010 on the topic of reporting of food additives and the GRAS system. It found multiple instances of the FDA prohibiting additives previously recognized as GRAS. For more information on the safety of food additives, [follow this link](#).

Thank you for being a patient with Rockwood Natural Medicine Clinic. We will continue to provide you with safe, effective and affordable healthcare.

Sincerely,

Thomas Kruzel, N.D.

Rockwood Natural Medicine Clinic (RNMC) is a naturopathic family practice facility. RNMC was founded in 1991 as a primary care/family practice clinic with a mission to provide safe, sensible and effective natural medicine for the entire family. The physicians at RNMC are dedicated to educating and training the next generation of healthcare

providers. For more information about RNMC, please visit www.rockwoodnaturalmedicine.com.

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If you'd like more information about the topics in this newsletter, or to schedule an appointment with one of the clinic physicians, please call Kathleen or Joan at [\(480\) 767-7119](tel:4807677119) or e-mail them at RNMC9755@gmail.com.

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